Somatoform Disorders

-Anxiety creates physical symptoms which have no cause (somatoform).

-Used to be called hysteria.

-2 types of Somatoform disorder

1. Conversion reactions

2. Hypochondriasis

Conversion

-Emotional problems cause physical functioning problems.

-Most physical problems are believed to be invented.

-Rare disorder.

Hypochondriasis

-A person becomes preoccupied with imaginary ailments.

-This occurs mainly in young adulthood.

Mood Disorders

-Depressive disorders: Sadness and despondency are exaggerated, prolonged, and unreasonable.

-Bipolar: People go both up and down.

-Mania

-Major Depression

-Mood disorders primarily involve disturbances of mood or emotion, producing manic or depressive states.

-The problem known as major depressive disorder involves extreme sadness and despondency but no evidence of mania.

-Seasonal Affective Disorder (SAD), which occurs during the winter months, is another common form of depression. SAD is typically treated with photo therapy.

-Heredity is clearly a factor in susceptibility to mood disorders.

SCHIZOPHRENIA

THE MOST COMPLEX AND SEVERE PSYCHOLOGICAL ILLNESS.

-The problem in schizophrenia is with the thought patterns.

-Sufferers lose touch with reality,

-No single problem; no single cause or cure.

-Collection of symptoms that indicates an individual has serious difficulty trying to meet the demands of life.

-1/2 the patients in mental hospitals are diagnosed with schizophrenia.

Symptoms include:

-delusions

-hallucinations

-disturbances of affect

-deterioration

-decline in previous levels of functioning

-diverted attention

Four main subtypes of Schizophrenia

1. Paranoid type- delusions of a grandeur or persecution.
2. Catatonic type- long periods of motionlessness.
3. Undifferentiated type- hallucinations, delusions, scrambled speech and thought processes.
4. Disorganized type- symptoms disappear.

Anxiety Disorders:

-normal anxiety can rouse you to action.

Ex. Gives you strength in threatening situations

-anxiety disorder does the opposite; it can keep you from coping with your daily life

-many times caused by the biological makeup of the person and frequently runs in a family

-most common of all mental disorders

PANIC DISORDER

-feeling of terror that strike suddenly and repeatedly

-intense anxiety may develop between episodes of panic

-during a panic attack your heart will pound, feel sweaty, weak, faint, or dizzy; your hands may tingle or feel numb and you may feel flushed or chilled, have chest pain, smothering sensation, sense of unreality, fear an impending doom or loss of control.

-You may really believe you are having a stroke or heart attack, losing your mind, or on the verge of death.

-Twice as common in women.

Personality Disorders

-Deeply ingrained maladaptive personality patterns.

Examples:

1. Paranoid Personality- overly suspicious, hypersensitive, guarded and distrusting.
2. Narcissistic- people are preoccupied with their own self importance.
3. Dependent Personality- extreme lack of self confidence.
4. Histrionic Personality- a person seeks attention by exaggerating emotion and acting very dramatically.

(5) Antisocial

-a person lacks a conscience

-impulsive, selfish, emotionally shallow and manipulative

-also known as sociopaths and psychopaths (irresponsible, dishonest, and they lack judgment and morals)

-incapable of deep feelings such as guilt, shame, fear, or loyalty

-over all poorly socialized

-most are not dangerous but they will use anyone for their own purposes

-infants who fail to form a healthy attachment may be prone to antisocial behavior

-adult sociopaths also display brain functioning problems

-emotionally cold

-rarely treated successfully.

Dissociative Disorders

Psychogenic Amnesia: forgetting personal identity serves as a defense against intolerable anxiety.

Psychogenic Fugue: sudden travel away from home and confusion about personal identity.

Multiple Personality: two or more distinct personalities.

-When one personality is in control, the other personalities experience a “time lapse” or memory black out.

-Often begins with an unbearable childhood experience.

-95% of people with M.P. experienced childhood sexual abuse.

-Real but rare problem.

-Goal of treatment is to integrate various identities into a single balanced personality.

ABNORMAL PSYCHOLOGY

Abnormal behavior is diagnosed by applying one of three categories:

1. Social deviation- extreme and persistent behavior which disturbs the people around us.
2. Subjective distress- a person describes his or her own life as abnormal.
3. Psychological handicap- inability to function adequately in everyday social roles for no apparent reason.

Judgment of abnormality reflect social conventions of the times.

Listed Diagnostics and Statistics manual (DSM 4) is 230 separate categories of abnormal behavior.

Two general ideas which to attribute a cause for abnormal behavior:

1. Underlying biological deviation
2. Underlying psychological deviation

Abnormal behavior is:

Failure to adjust to the stresses of life.